



# Yoga-Mitra

for Harmony, Health, and Happiness



Bridgewater Recreation has teamed up with Gurukul, LLC! In this Friends of Yoga Program for all ages and stages of life, participants will learn the basics of the SCIENCE and PRACTICE of YOGA for achieving harmony, health, and happiness by building strong, flexible, and relaxed bodies and calm, peaceful minds thus improving overall personalities to become better in sports, studies, leadership, and positive attitude as well.

A typical Friends of Yoga Program consists of consistent practice of body warm-up exercises followed by breath warm-up exercises, postures for building strength, flexibility, tone, and improving circulation in the body, breathing techniques to improve lung capacity to build stamina, resistance to allergies, asthma, coughs and colds, manage stress, anxiety, anger and pain, conscious relaxation to create a healing environment in the body and mind, and meditation to clear the mind and improve concentration and focus.

**Adult 1** – This is a beginner level class. We will cover basic postures, breathing techniques, relaxation and meditation.

1. 14 sessions on Mondays, September 11 through December 11 from 7:00am – 8:00am
2. 9:30am – 10:30am Tuition: \$154.00.

**Adult 1 & 2** – This is a beginner/intermediate level class.

3. 14 sessions on Tuesdays, September 12 through December 12 from 7:00pm – 8:00pm Tuition \$154.00.
4. 14 sessions on Wednesdays, September 13 through December 20 from 11:00am – 12:00pm Tuition \$154.00.

**Seniors** – Gentler Yoga Practice for Senior Citizens

5. 14 sessions on Mondays, September 11 through December 11 from 11:00am – 12:00pm Tuition \$140.00.
6. 14 sessions on Fridays, September 15 through December 17 from 9:30am – 10:30am Tuition \$140.00.

**Breathing, Relaxation and Meditation** – For teens and adults.

7. 14 sessions on Tuesdays, September 12 through December 12 from 12:00pm – 12:30pm Tuition \$98.00.
8. 14 sessions on Thursdays, September 14 through December 15 from 12:00pm – 12:30pm Tuition \$98.00.

**Family** – For parents and up to 2 kids ages 6 through 13 per family.

9. 14 sessions on Wednesdays, September 13 through December 20 from 6:45pm – 7:45pm Tuition \$500.00 (10% off regular tuition/individual).

**Juniors** – For kids ages 6 through 13 focusing on proper posture, breathing to improve health, concentration and more.

10. 14 sessions on Sundays, September 10 through December 17 from 3:00pm – 3:45pm Tuition \$126.00.

**Teens** – For kids ages 14 through 17 focusing on yoga for sports.

11. 14 sessions on Saturdays, September 9 through December 16 from 10:15am – 11:00am Tuition \$126.00.

**Mommy & Me** – For parents with kids ages 3 to 5 years old.

12. 6 sessions on Fridays, September 15 through October 20 from 4:15pm – 4:45pm Tuition \$50.00.
13. 6 sessions on Fridays, November 3 through December 15 from 4:15pm – 4:45pm Tuition \$50.00.
14. 6 sessions on Saturdays, September 16 through October 21 from 9:30am – 10:00am Tuition \$50.00.
15. 6 sessions on Saturdays, November 4 through December 16 from 9:30am – 10:00am Tuition \$50.00.

All classes are held at the **GURUKUL-Yoga Holistic Center** (1300 Prince Rodgers Ave in Bridgewater). What to bring? Wear loose clothing, bring bath towel, your body with a light or empty stomach & the full mind, and a smile! No confirmations will be sent out, please keep top section of this form for information. Participants will only be notified if there is no space available. Consult with your Doctor if there are any health concerns before undertaking Yoga. No Classes on November 21, 22, 23, 24, or 25 for the Thanksgiving holiday. Make-Up Classes are available only through Bridgewater recreation classes. Walk-ins cost \$14.00 for 45 minute to 1 hour classes and \$8.00 for 30 minute classes. All checks should be made payable to "Gurukul, LLC." Space is limited, registration is based on a first come, first serve basis at the Bridgewater Recreation Department. Class size is a minimum 6 and a maximum of 15 adults/seniors, 18 children/Teens, 5 families. If sessions fill, Bridgewater residents will be taken before Raritan residents. Only one session per participant.

**Three ways to register!** In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov).

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## Yoga-Mitra 2006

(if Family or Mommy & Me, write names, gender, and age of participants on the back of this form)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Circle Gender: Male or Female

Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: ( ) \_\_\_\_\_ Work Phone #: ( ) \_\_\_\_\_ Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date of

Cell Phone #: ( ) \_\_\_\_\_ Email \_\_\_\_\_ Age as of

Address: \_\_\_\_\_ September 9, 2006: \_\_\_\_\_

Circle Class and Registration Fee:	A1	A1	A1&2	A1&2	S	S	BRM	BRM	F	J	T	MM	MM	MM	MM
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	\$154	\$154	\$154	\$154	\$140	\$140	\$98	\$98	\$500	\$126	\$126	\$50	\$50	\$50	\$50

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

\_\_\_\_\_  
NParent/Participant Signature (if not 18 years of age)

\_\_\_\_\_  
Date

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